

MoSTEP 1.2.1.1: Elementary Education Health and Physical Education Competencies
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The beginning (pre-service) elementary education teacher will demonstrate knowledge of and/or competency in the following **Health and Physical Education** areas of study:

<p>1. Health ACEI: 2f:1,2,3,4,5,6,7,8; CR: III A 2, III B; AAPHERD: no relevant content provided; G4.6, 4.7, HPE2,3,5¹; PRAXIS II (0011: V6); (0014: no relevant content specifications)</p>	<p>1.1 principles of healthy behaviors and nutrition and their application in maintaining good health and preventing health-related problems . 1.2 use and abuse of legal and illegal drugs and their effects on the human body and society. 1.3 prevention and management of communicable and chronic diseases (physical and mental) and related health care. 1.4 how to attain and maintain good mental health and its effect on the health of the body. 1.5 dynamics of interpersonal relationships as related to family life, human sexuality, and growth and development. 1.6 intentional (violence and suicide) and unintentional (accidents) injury prevention, first aid, emergency systems, and the effects of trauma. 1.7 strategies used to identify and reduce health risks in the community and the environment.</p>
<p>2. Physical Education ACEI: 2g 1,2,3,4,5,6,7 CR: III A 2, III B; AAPHERD: no relevant content provided; G4.6, 4.7, HPE1,2,3,4,5,7; PRAXIS II (0011: V7, V9) (0014: no relevant content specifications)</p>	<p>2.1 fundamental locomotor, non-locomotor, motor development and motor learning; manipulative skills, and movement concepts. 2.2 developmental, individual, dual, and team activities and developmental games, including outdoor activities and non-competitive physical activities appropriate to elementary aged students. 2.3 lifetime leisure activities, including outdoor activities and non-competitive activities, and rhythmic and basic dance activities; emphasis should be on physical activities. 2.4 the relationship of exercise to personal wellness, including physical fitness concepts and nutrition. 2.5 individual differences, including concepts such as diversity, multiculturalism, and gender differences, as related to physical activity to allow optimal participation. 2.6 safety, injury prevention, first aid, CPR, and how to access emergency procedures. 2.7 the need to impart information on these issues sensitively.</p>

¹ *Show Me Standards* coding: G ‘ Show Me Goal; HPE ‘ Show Me Health and Physical Education